



PLAYING REGULATIONS: WOMEN'S VOLLEYBALL

1. SPORT FORMAT

Canada West will follow the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

2.1 League Matches

The roster for the home team is fourteen (14) and away team is fourteen (14) players. The rosters are not frozen for a weekend series. A total of 24 individuals (14 participating athletes and 10 team personnel) will be allowed on the bench or team bench area for the home and visiting team.

2.2 Canada West Playoffs

Teams may dress fourteen (14) players. Rosters are frozen for all matches of a playoff series. That is, only the names of athletes that appear on the score-sheet on the first game of a play-off series may compete for the entire series. No additions or deletions are allowed. The score sheet from the first match of a playoff series should be available at the score table in order to verify rosters. A total of 24 individuals (14 participating athletes and 10 team personnel) will be allowed on the bench or team bench area for each team.

3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

3.1 Tie Breaking Procedures

Final league standings, at the conclusion of league play, shall be based on teams receiving two (2) points for a win and zero (0) points for a loss. Only Canada West league matches are to be considered for tie breaking procedures. If there are two or more teams tied in matches won/lost at the end of league play, the tie breaking criteria are applied in the following prioritized order:

1. Sets won overall/sets lost overall
2. Points for overall/points against overall
3. Matches, sets, points amongst the tied teams in only the matches between the tied teams.

4. PLAYOFF / CHAMPIONSHIP FORMAT (Also refer to Policy 8 of the Canada West Operations Manual)

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- 4.1 The top eight (8) teams qualify for the playoffs. The point standings at the end of league play shall determine the seeding for the playoffs.

Top 8 teams qualify

Week 1 – Quarter-Finals (Best-of-three series):

Series A: 5 @ 4
Series B: 6 @ 3
Series C: 7 @ 2
Series D: 8 @ 1

Week 2 – Semi-Finals, hosted at highest remaining seed (Best-of-three series):

Winner of Series A vs. Winner of Series D
Winner of Series B vs. Winner of Series C

Week 3 – Final (Single elimination game at highest remaining seed):

CW Gold Medal – Semi-Final winners
CW Bronze Medal* - Semi-Final losers
*(if needed to determine U SPORTS representatives)

5. UNIFORMS (Also refer to Policy 9 of Canada West Operations Manual)

- 5.1 All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.
- 5.2 Players may wear uniform bottoms that differ in style and cut, provided the colour and trim is identical.

6. RULES

6.1 OFFICIALS

1. First Referees (R1) for all league matches shall have a preferred minimum Volleyball Canada accreditation of National. Officials of a higher rating, (i.e., International Candidate or International) are preferred and should be assigned if feasible.
2. First Referees (R1) for the Championship Playoffs shall have a preferred minimum Volleyball Canada accreditation of "National".
3. Second Referees (R2) for all league matches shall have a preferred minimum rating of National Candidate.
4. Officials of a higher rating are preferred and should be assigned if feasible.
5. Second Referees (R2) for the Canada West playoffs shall have a preferred minimum Volleyball Canada accreditation of "National".
6. Whenever possible, two different pairs of officials (First Referee and Second Referee) should be used for each men and women's match.

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7. Athletic Directors or their designate shall meet with the provincial officials' assignor, for each Canada West location, prior to the start of the season. The Assignment of Canada West playoff officials will be done by the Convenor in consultation with the NOC (National Officials Chair) and/or the ROC (Regional Officials Chair).
8. There should not be any bias by assigning family members as any major or minor officials.

6.2 RULE MODIFICATION

1. The FIVB two libero rule. The Libero may be changed between sets in league and playoff competition as is the current practice in U SPORTS.
2. FIVB regulation 26 does not apply to Canada West volleyball matches.
3. Assistant Coaches will be allowed to stand and move freely in the free zone, including the warmup zone, they will be allowed to communicate with athletes on the bench and on the court while standing, as long as they return to a seated position in a timely manner. If communicating with the referees while moving, they will be sanctioned to the discretion of the referee corps.
4. The coaches restriction line will not be utilized.
5. 8-limited subs.

6.3 JURY FOR SEMI-FINALS AND FINALS

1. The jury at the Quarterfinals, Semi-Finals and Finals is composed of the host Athletic Director or Designate, Head Official and the Canada West Coaches Association President or designate.

7. AWARDS (Also refer to Policy 15 of the Canada West Operations Manual)

Women's teams competing in the Canada West Championship will be competing for the Women's Interschool Volleyball Trophy, presented by Dr. Sam Landa, alumnus of the University of Saskatchewan, 1950.

Men's teams competing in the Canada West Championship will be competing for the Costa Chrysanthou Trophy. Voting for all Canada West men's volleyball awards is subject to full disclosure.

The Canada West Awards process will begin in early February and initiated by the Canada West office.

7.1 All-Star Teams

1. There will be 7 athletes named to the First all-star team and 7 athletes named to the Second all-star teams. The Canada West first team All-Stars shall be the Canada West nominees to U SPORTS for the All-Canadian Awards.
2. One athlete will be named the Canada West Player of the Year.
3. **One athlete will be named the Canada West Libero of the Year.**

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4. There will be 7 athletes who are under 21 years of age as of September 1st of the current season and in their first year of eligibility named to the Canada West All-Rookie Team.
5. One athlete will be named the Canada West Rookie of the Year.
6. There will be one coach named the Canada West Coach of the Year.
7. There will be one athlete named the Canada West nominee for the Therese Quigley U SPORTS Award.

7.2 Nomination Process

All-Star teams, **Libero of the Year**, Player of the Year

1. Each coach will rank 14 players other their own whom they feel are of All-Star caliber and list them in order of preference.
2. Each list will be sent to the league Convenor.
3. The 14 athletes receiving the highest points will be declared the Canada West First and Second Team All Stars in order of votes. The athlete receiving the highest points will be declared the Canada West MVP and will be the U SPORTS nomination for Player of the Year.
4. **Each coach can nominate one libero. The head coaches will rank all the players on the ballot. The libero that receives the highest points will be declared the Libero of the Year.**

7.3 Rookie of the Year & All Rookie Team

1. To be eligible players must be a maximum of twenty-one years as of September 1st and in their first year of eligibility.
2. The Canada West Rookie of the Year and the next 6 highest placing nominees shall be the Canada West nominees to U SPORTS, for consideration for the U SPORTS All-Canadian Rookie Team.
3. Each coach will nominate 2 players from their own team with supporting rationale whom they feel are worthy and list them in rank order.
4. These names will be sent to the Convenor, who will place each name on a voting ballot, and send this ballot to the head coaches of the participating universities.
5. The head coaches will then rank all the players on the ballot, rating each of their choices as first, second, third, etc. Coaches may not vote for athletes on their own team. There will be one ballot from each institution.
6. The Rookie of the Year will be the athlete that receives the highest point total.
7. The seven athletes receiving the highest point totals, shall be named to the all rookie team and submitted (in rank order) to the U SPORTS for potential inclusion on the U SPORTS All-Canadian Rookie Team.

7.4 Coach of the Year

1. A recipient shall be selected in order to reward excellence at the coaching level; to aid in the promotion of the sport through the recognition of expertise; and to

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provide incentive to coaches. The Canada West selection shall be the Canada West nominee to U SPORTS, for the U SPORTS Coach of the Year Award.

2. Each member institution shall declare its first and second choice for Coach of the Year, on the official Canada West ballot form as distributed by the Convenor. Coaches cannot vote for themselves for this award.

7.5 Student-Athlete Community Service Award

The Therese Quigley Award (Women) and the Dale Iwanoczko Award (Men) are offered by U SPORTS to recognize outstanding contribution in athletics, academics, and community involvement. Coaches will nominate an athlete from their own team who meets the U SPORTS requirements. These nominations will be included in the CW Awards ballot. The CW nominees to the U SPORTS-TQA and U SPORTS-DIA awards will be the athletes who receives the most votes.

- ## 7.6 Canada West will formally announce all award winners prior to the CW Championships.

- ## 7.7 Canada West award winners must be formally recognized at the Canada West Championship. It is at the discretion of the host whether the recognition is made at the competition itself or through some other ceremony/banquet, etc. held in conjunction with the Championship.

- ## 7.8 Should a tie occur in the voting for any CW award, the vote of the coaches involved in the tie will be discarded and then only the remaining votes will be considered. If the votes are still tied, the coaches, minus the coaches involved, will be asked to re-vote on the tied players.

8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

8.1 HOSTING RESPONSIBILITIES

1. Host schools shall make every attempt to provide one practice time on game day. The same practice court must be allocated to both the home and visiting teams for both the regular season and playoffs.
2. Host institution must provide 30 regulation balls to the visiting team for game day practice. The visiting and host teams must use the same practice balls.
3. Lines people must be "Locals" dressed in Volleyball Canada colors. For playoffs, the four lines keepers system shall be used with each being a minimum of "Local" accreditation.
4. The Scorekeepers should have minimum qualification of "Local". The International Method of recording a match must be used. For Canada West league and playoff matches, a manual scoreboard must be used at the score table.

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5. The host institution shall be responsible for assigning all event staff necessary for the running of the competitions (i.e., visual scoreboard operators, public address announcer, boys/girls for the three (3) ball system).
6. The three (3)-ball system shall be used in all league and playoff matches. The 3 ball workers are to assist teams during hitting warm-ups.
7. Statistics are to be recorded by the host institution using computer software and the forms identified by the Canada West and/or the U SPORTS office. The following statistics are to be collected by staff provided by the host institution: attack errors, attack attempts, digs, kills, blocks, service aces, service errors, block solos, block assists.
8. The playing facility for Canada West volleyball matches shall be set up and available for practice normally one hour prior to the designated starting time of the first match (practice balls must be available). **Exceptions to the one-hour time period will be considered if the facility is hosting other Canada West events, institutional events, or other reasons not listed here that have been approved by the CW Office.** From 60-minutes to 45-minutes to the start of the first match, both teams are able to share the entire court. For safety reasons servers are not allowed to enter the serve-receive court of opponent when jump serving. The serve and pass time as part of the pre-game warm-up can be extended beyond the 45 minutes prior to match time if both participating coaches agree (would only impact the first game of the day). If both coaches do not agree, it would remain at 45 minutes. If both coaches agree, it could be extended up to 10 minutes provided the Host can accommodate.
9. The 20-minute warm-up period will begin when the officials of the second match determine that the court is available. Teams will have a 20-minute warm-up, but the clock will only start once the net height has been adjusted by the event staff and checked by the officials. The total match warm-up will be twenty (20) minutes, including 5-5 (there will be no 2-minute common serving time). The 5 - 5 hitting and serving warm-up will begin at the 10-minute mark of this 20-minute countdown. The officials shall conduct the coin toss at the 15-minute mark of the 20- minute warm-up. If possible, the free zone shall be kept clear during the hitting warm-ups. No warm-up shall begin in the same gym when a match is in progress.
10. Institutions must adhere to the game protocol listed in Appendix B.
11. For the playoffs, post match ceremonies will include line up of all players on baseline for presentation of team and individual awards.
12. During sets 1- 4, there shall be one 'Technical Time Out' per set, lasting 60 seconds. It shall be applied automatically when the leading team reaches 16 points. All timeouts shall be governed by FIVB guidelines.
13. The time between all matches shall be three minutes, with the exception of the possible use of the 'Promotional Break'.
14. Canada West women's volleyball matches must not start earlier than the advertised time.

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15. Canada West institutions must advertise a 90-minute gap between start times for doubleheaders.
16. Promotional Break: Up to five (5) minutes of promotional time may be used by the host institution between games two and three. If this time is to be used, then the details must be given to the visiting team coach before the match.
17. Flash Photography is not allowed once the ball is in play.

8.2 EQUIPMENT

1. The game ball shall be that volleyball which is declared as the official ball of U SPORTS in the year of the Conference Championship.
2. Sponsorship shall be allowed and placed on the upper and lower band of the net as long as it follows Volleyball Canada regulations.
3. Coaches shall be allowed to use electronic equipment for purposes of communication from outside the playing area to the team bench, provided that such equipment meets the minimum standards of international volleyball, (i.e., to eliminate any external sound, earphones and mouth microphones must be used).

8.3 Recommended additional responsibilities of the Convenor beyond those laid out in the Convenor's Handbook are to include:

1. Calling for nominations for Canada West All-Stars and then preparing a ballot for individual awards including All-Stars, Rookie of the Year and Coach of the Year.
2. Compiling the results of the Award Ballots, forwarding the results to Canada West coaches, Canada West Associate Director, Communications and Marketing, U SPORTS Awards Coordinator and the media.
3. Communicate with the Head of Officials of B.C., Alberta, Saskatchewan, and Manitoba (and Volleyball Canada) to explain any Canada West or U SPORTS Rules that are different from Volleyball Canada Rules before the league season begins.

8.4 Coaches' Meeting - Refer to Committees Policy in the Canada West Operations Manual.

9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

10. GAME PROTESTS

Refer to Policy 10 of the Canada West Operations Manual for policy.

11. FILM EXCHANGE

1. Refer to Policy 11 of the Canada West Operations Manual for policy and timelines.
2. The home team must provide a copy of each match to the visiting team upon completion of the first match.

3. In Canada West competition, schools can record any match in any location even if their own team is not one of the competing members.

12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

12.1 SUSPENDED/EJECTED COACH OR PLAYER

1. A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):

- a. Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
- b. Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.

NOTE: Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.

- c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.

2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):

- a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
- b. Are not allowed within the field of play during competition.
- c. Student athletes suspended can join in the locker room only after the game is complete.

13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

14. APPENDICES

- A. Game Film Recording Protocol
- B. Conference Game Protocol

Appendix A

CANADA WEST VOLLEYBALL GAME FILM RECORDING PROTOCOL

The following instructions are to be followed by those who are recording Canada West men's and women's volleyball games for the purpose of uploading the recording to film exchange. Live web casting should NOT be done with the same camera as for film exchange recordings.

1. All recordings should be done in high definition format.
2. The camera operator should test the system prior to game time to ensure it is ready to Operate.
3. The camera should be located at the rear of the court with a centered view of the volleyball court. The camera angle should include a full court view with the bottom of the frame lined up with end line of the court. The camera should be set up a minimum of 4m above the playing surface.
4. The camera settings should eliminate any writing on the screen such as date, record, additional logos, and the recording is to contain no audio.
5. The angle of the camera should capture the entire court including the server on the far side of the court and most importantly the entire ball trajectory during the play.
6. The camera should be focused so that player's numbers are easily identified.
7. Start the camera at the beginning of the set when the teams enter the court. Do not pause the camera throughout the match. (This is to prevent a delay in re-starting after a stoppage.) Do not record the warmup and pre match protocol.
8. Maintain the same camera angle for the entire match. Do NOT zoom in or zoom out to show the score or move the camera for any reason.

*Refer to Policy 11 of the Canada West Operations Manual for protocol and timelines.

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Appendix B Conference Game Protocol

Clock Time – prior to Advertised Start Time	Team and Referee Actions
60:00	Teams warming up on shared competition court
45:00	Team to their own side of court for warm-up. Serve/pass can be extended for 10 min if both coaches agree and host can accommodate.
15:00	Captains to score table for coin toss
10:00	Official warm-up at the net starts for serving team. Announcer introduces all 14 players, managers, assistant coaches and finally head coach of the attacking team
5:00	R1 end of warm-up for receiving team
	Official warm-up at the net starts for receiving team. Announcer introduces all 14 players, managers, assistant coaches and finally head coach of the attacking team
0:00	R1 ends for receiving team.
	Players change jerseys - all team players in playing uniforms
	Players of each team enter court and line up along end line
	National Anthem
	End of anthem: R1 whistles players to return to benches
	R2 obtains starting line up sheet from head coaches, gives to scorekeeper
	Introductions: R1, R2 march to center of court near net facing score table...announce names After introductions: R1 to referee's chair, R2 stand in front of score table
	Visiting team starters, libero, head coach are announced; players run on court one at a time, coach stands
	Home team starters, libero, head coach are announced; players run on court one at a time, coach stands
	R2 distributes 2 balls to ball retriever; compare starting players with line-up sheet; confirm readiness of scorer; gives ball to server
-7 minutes	Match Starts

Note: the above protocol applies when the women's game is played first in a double header, or due to other facility conflicts / events taking place prior to the start of a women's game (i.e., basketball game / playoffs, etc.). In these instances, the clock will be set at 20:00 minutes prior to the advertised start time. In instances where the double header or other event ends with less than 20 minutes prior to the start of the advertised start time for the women's match, the clock shall be set at 20 minutes once the court is available to teams for the warm-up but will start once the net height has been adjusted to the correct height.